

Gives Tanlac Credit For Splendid Health



T. J. PARKER
4246 Juneau Street, Seattle, Wash.

"I used to think all the Tanlac testimonials were exaggerated, but I have felt thankful a thousand times I ever believed in it strong enough to give the medicine a trial," said T. J. Parker, well-known salesman for Gately's Clothing Store, residing at 4246 Juneau St., Seattle, Wash.

"Several years ago I commenced having periodic spells of sickness and a few months ago I had an attack that I thought would finish me. When I did finally get up, I was scarcely able to go. I had no appetite and what little I forced myself to eat caused so much gas on my stomach I could hardly get my breath.

"At night I was often so bloated I couldn't breathe while lying down and just had to sit up and struggle for air. At times I had cramps so bad I could hardly endure it.

"My liver was sluggish and sometimes I got so dizzy I would nearly fall. I felt tired and miserable all the time, couldn't even sleep and for days at a time I wasn't able to go to work.

"Well, a friend of mine finally got me to try Tanlac, and it certainly has done a good job for me. My appetite is fine now and although I am eating just anything I want and as much as I please, my stomach never gives me the least trouble. I have picked up in weight, my strength has come back to me, and I am now enjoying the best of health.

"All the men at the store know Tanlac put me back on my feet, and I am glad to give this statement for what it may be worth to others."

Tanlac is sold by leading druggists everywhere.—Adv.

BETTER ROADS

SAFETY FIRST FOR CHILDREN

Many Requirements Furnish Variety of Topics for Essays and Oral Discussion.

(Prepared by the United States Department of Agriculture)

The many requirements for safety for school children's essays and oral discussion. The dangers of railroad crossings at grade, the economic justification for abolishing them, the importance of an unobstructed view up and down the track as a vehicle approaches, and the disadvantage of sharp turns, etc., are suggestive subjects. Similarly there might also be mentioned the questions raised by street intersections and turns. In every town there are many crossings where the autoist's view is unnecessarily limited by fences, shrubbery, or buildings; or where sharp curves with limited visibility invite serious accidents. Guideposts, markers, and other signs for the most efficient guidance of traffic through thickly settled communities also are part of the bigger and more inclusive topics of the economic importance of safety and guidance—the actual money value of human life and of accident prevention.

Another question, in solving which the engineer and economist will need the help of enlightened public opinion (and this enlightenment should start in the public schools), is that of the relation of the public highways to railroads and canals. The advantage of long hauls by rail and short hauls by motor truck; feeding into main terminal points by radiating systems of highways; a division of the transportation burden by parallel systems of water, rail, and road transportation, are some of the subdivisions of this general heading.

This listing of topics is not intended to be complete or exact, but merely suggestive. Those which refer to construction could best be utilized when construction work is in progress in the vicinity of a school. Many of the other topics may be studied from maps, of which the students might be required to make tracings or free-hand sketches showing the particular features for which emphasis is desired, or regarding which the exercise is being written. State highway departments often feel the need of a better popular understanding of the problems of road construction, and their officials would doubtless co-operate in a hearty manner. Looking ahead, it is easy to see an actual shortage of men qualified to carry on the work of highway development, so rapid is the growth of the good-roads movement. Highway in-

ASPIRIN

Name "Bayer" on Genuine



Warning! Unless you see the name "Bayer" on package or on tablets you are not getting genuine Aspirin prescribed by physicians for twenty-one years and proved safe by millions. Take Aspirin only as told in the Bayer package for Colds, Headache, Neuralgia, Rheumatism, Earache, Toothache, Lumbago and for Pain. Handy tin boxes of twelve Bayer Tablets of Aspirin cost few cents. Druggists also sell larger packages. Aspirin is the trade mark of Bayer Manufacture of Monocetenelester of Salicylic acid.—Adv.

Springtime.

"The Lord loveth a cheerful liver."—Exchange.

Don't look for a bankrupt at a party symposium. That's where his victims congregate.

Catarrah

Catarrah is a local disease greatly influenced by constitutional conditions. HALL'S CATARRH MEDICINE is a Tonic and Blood Purifier. By cleansing the blood and building up the System, HALL'S CATARRH MEDICINE restores normal conditions and allows Nature to do its work.

All Druggists. Circulars free. F. J. Cheney & Co., Toledo, Ohio.

When a woman says that she has seen better days, it means that she recognizes cut glass when she sees it.

ALLEN'S FOOT-EASE DOES IT

When shoes pinch or corns and bunions ache, get a package of ALLEN'S FOOT-EASE, the antiseptic powder to be shaken into the shoes. It takes the sting out of corns and bunions, gives instant relief to Smarting, Aching, Swollen Feet. 15¢ per package of powder for the feet were used by our Army and Navy during the war.—Adv.

"A Kentucky Journal mentions a 'yawning old well' in that state. Somebody must have been boring it.

"O Happy Day" sang the laundress as she hung the snowy wash on the line. It was a "happy day" because she used Red Cross Ball Blue.

The man who will not listen to safety rules may have to listen to an ambulance gong.

Speeches and Lectures.

The late Champ Clark's services were sought some months ago by a small western town that was undertaking to put one of those Chautauquan affairs over the plate.

"We would like to know," the chairman of the committee inquired, "how much you would charge to come and make us a speech."

Champ Clark named his figure and added: "I'll come and lecture, if possible, for that amount, but it will be a lecture, you understand, and not a speech. I charge money for lectures, but when I make a speech it is for nothing."

Americans Like Milk.

The average American is becoming a confirmed milk drinker. He consumes twice as much as in former generations. The consumption of milk per capita was 44 gallons last year, without counting up dairy products such as butter, cheese and ice cream. While milk is not very cheap at the present time, owing to the cost of labor, railroad charges and the scarcity of brewer's grains, still the present day facilities of obtaining milk in prime condition is largely responsible for the increasing use.

Grim Relics of War.

Battle relics, cloth of all kinds and description interwoven with the roots, also bits of bones, leather, rubber and buttons were found in the sprouts of nursery stock fruit trees which arrived in Salt Lake City recently from France. The trees were evidently grown on one of the battlefields of France, and in the roots of one of the sprouts was a strip of bloodstained bandage. One of the trees had grown from the seed through the link of a large watch chain.

Quality and Equality.

From a dramatic review: The play has one of the most evenly balanced casts we have ever seen—all rotten.—Boston Transcript.

A man whom the world calls great may be a small potato in the eyes of his wife.

Pay \$5 for a dog and he will be as agreeable a companion as if you paid \$500 for him.

An inherited name may be but a shadow larger than the man behind it.

If you are always on the square you need have little fear of ever figuring in a triangle.

Heat expands and cold contracts; that is probably why the days are longer in summer than in winter.

Find the Cause!

It isn't right to drag along feeling miserable—half sick. Find out what is making you feel so badly and try to correct it. Perhaps your kidneys are causing that throbbing backache or those sharp, stabbing pains. You may have morning lameness, too, headaches, dizzy spells and irregular kidney action. Use Doan's Kidney Pills. They have helped thousands of ailing folks. Ask your neighbor!

An Oklahoma Case

R. J. Gilbert, retired farmer, W. Sixth St., Newkirk, Okla., says: "I was nervous and at times I had dizzy spells. The action of my kidneys caused annoyance and the kidney secretions were often scanty and painful. I had bad backaches and could hardly lift anything or straighten up after bending. Finally I used Doan's Kidney Pills and they made me stronger and better in every way."

Get Doan's at Any Store, 60c a Box
DOAN'S KIDNEY PILLS
FOSTER-MILBURN CO., BUFFALO, N. Y.

New Life for Sick Man

Eatonic Works Magic

"I have taken only two boxes of Eatonic and feel like a new man. It has done me more good than anything else," writes C. O. Frappier.

Eatonic is the modern remedy for acid stomach, bloating, food repelling and indigestion. It quickly takes up and carries off the acidity and gas and enables the stomach to digest the food naturally. That means not only relief from pain and discomfort but you get the full strength from the food you eat. Big box only costs a trifle with your druggist's guarantee.



DEAD SHOT Rat Killer

No taste, no smell. Eaten readily when mixed with bait, according to directions. Dries them up, no bad odor. Price 25 cents. For sale by all dealers. Mfg. by Dead Shot Chemical Co., Oklahoma City, Oklahoma.

Let Cuticura Be Your Beauty Doctor

Soap 25c, Ointment 25 and 50c, Tablets 25c.



Spohn's Distemper Compound

to break it up and get them back in condition. Twenty-seven years' use has made "SPÖHN'S" indispensable in treating Coughs, Colds, Influenza and Distemper with their resulting complications, and all diseases of the throat, nose and lungs. Acts marvelously as preventive; acts equally well as cure. 60 cents and \$1.15 per bottle. At all drug stores. SPÖHN MEDICAL COMPANY, GOSHEN, IND.

Growth of the Kansas Language.

Judge J. C. Ruppenthal of Russell, author of a western Kansas dictionary, and student of American dialects to such an extent that he is recognized as an authority, is of opinion that much of the corrupted French the boys brought home from overseas will remain and become part of our language. "No doubt," he writes in the Luray Herald, "our language will permanently keep such words as bean tote, bone jar, by Joe, bullion, calf, fox paws, Jenny's pa, silver plate, three beans and foot sweet."—Kansas City Star.

His Interpretation.

"The presiding elder says something has got to be done about the acoustics in the church," remarked an acquaintance.

"Aw, I d'know!" returned Gap Johnson of Rumpus Ridge, Ark. "If folks are just nacherly bound and determined not to believe what's preached to 'em I'm willing to let 'em go to yaw-w-w-n!—hell in peace."—Kansas City Star.

A Lady of Distinction

Is recognized by the delicate fascinating influence of the perfume she uses. A bath with Cuticura Soap and hot water to thoroughly cleanse the pores, followed by a dusting with Cuticura Talcum powder usually means a clear, sweet, healthy skin.—Adv.

Sloth, like rust, consumes faster than labor wears.—Franklin.

Tragedy in Rhyme.

Three small boys broke all the rules. Stole a watch with seven jewels. Left Waukegan, happy home. Started out, the world to roam. Reached Chicago, tired, broke. Tried to put the watch in soak. Oldest and the smartest kid, asked Tom Duffy what he'd bid. Duffy is a plain clothes copper. Whaled their trousers good and proper.

When It Hurt.

"Did you hurt yourself much when the branch broke?" "No; not until I reached the ground."

Sure Relief



BELL-ANS FOR INDIGESTION
6 BELL-ANS Hot water Sure Relief
DEAD SHOT FLY BANE
Protects your stock from flies. Safe and certain. Spray henhouses with Dead Shot Fly Bane. Certain death to chicken miles. 10¢ a tin. 50¢ a tin. For sale by all dealers, or sent via parcel post prepaid upon receipt of price. Mfg'd by DEAD SHOT CHEMICAL CO., OKLAHOMA CITY, OKLA.



Small Boy's Method of Crossing a Stream.

struction in high schools offers opportunity to state highway departments to develop a body of future citizens equipped with a better understanding of the need for roads, and the problems likely to be met in building them, and, at the same time, to stimulate interest in the profession of highway engineering.

State departments and county engineers can help teachers (1) by assigning members of their staffs to deliver occasional lectures, simple in text and preferably illustrated with lantern slides; (2) by furnishing photographs of highways and construction work for classroom or reference use; (3) by assisting teachers in the explanation of work in progress which can be inspected by classes of students. Many states also issue bulletins or reports which are valuable for reference.

Determine Road Cost.

Some of the things which determine the cost of road construction are: Cost of right of way; cost of clearing and grubbing; amount and kind of material to be excavated and amount of filling to be done; amount of ditching for surface drainage and tilling for sub-drainage; number and size of stream crossings necessitating culverts or bridges; cost of securing and placing material.

Indorsed by President.

The Lee highway project has been indorsed by President Harding as an appropriate memorial to the southern leader, born in Virginia 114 years ago.

Cost of Maintenance.

The annual cost of road maintenance in New York state, which includes merely the lighter repairs, aggregates about \$3,500,000.

Paved Too Thin.

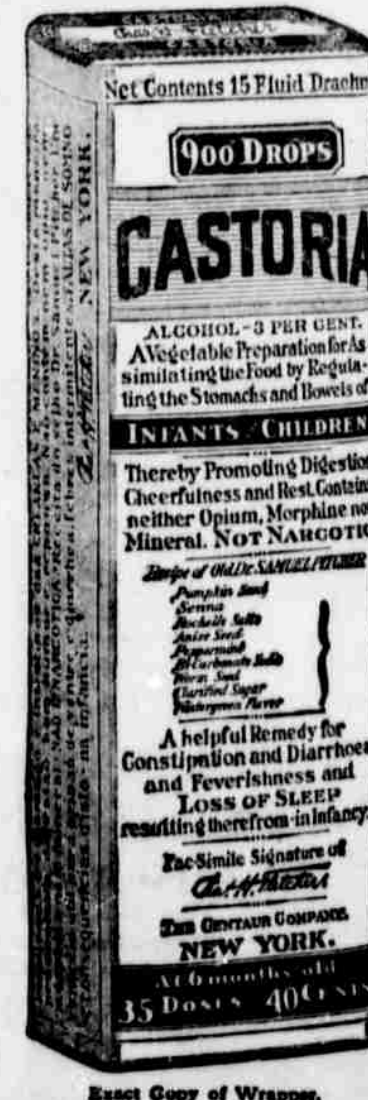
Too many roads are paved with good intentions and nothing more.

Why Castoria?

YEARS ago Castor Oil, Paregoric, Drops and Soothing Syrups were the remedies in common use for Infants and Children; Castor Oil so nauseating as to be almost impossible and the others all containing Opium in one form or another, but so disguised as to make them pleasant to the taste, yet really to stupefy the child and give the appearance of relief from pain.

It required years of research to find a purely vegetable combination that would take the place of these disagreeable, unpleasant and vicious remedies that from habit had become almost universal. This was the inception of, and the reason for, the introduction of Fletcher's Castoria, and for over 30 years it has proven its worth, received the praise of Physicians everywhere and become a household word among mothers.

A remedy ESPECIALLY prepared for Infants and Children and no mother would think of giving to her baby a remedy that she would use for herself, without consulting a physician.



Children Cry For

Fletcher's CASTORIA

Have You Tried It?

Everybody has read the above headline; how many believe it? Have you a little-one in the home, and has that dear little mite when its stomach was not just right felt the comforts that come with the use of Fletcher's Castoria? You have heard the cry of pain. Have you heard them cry for Fletcher's Castoria? Try it.

Just help baby out of its trouble tomorrow with a taste of Castoria. Watch the difference in the tone of the cry, the look in the eye, the wiggle in the tiny fingers. The transformation is complete—from pain to pleasure. Try it.

You'll find a wonderful lot of information about Baby in the booklet that is wrapped around every bottle of Fletcher's Castoria.

GENUINE CASTORIA ALWAYS

Bears the Signature of

Chas. H. Fletcher

THE CENTAUR COMPANY, NEW YORK CITY.

What to Take for SICK HEADACHE

Take a good dose of Carter's Little Liver Pills—then take 2 or 3 for a few nights after. A few doses restore your organs to their proper functions and the Headache and the causes of it pass away. In the same manner They regulate the Bowels and prevent Constipation. Genuine bear signature—Small Pill; Small Dose; Small Price.

WINTERSMITH'S CHILL TONIC
STANDARD FOR 50 YEARS
Not Spring Fever But Malaria CAUSES THAT LAZY TIRED FEELING.
WARDS OFF MALARIA AND RESTORES STRENGTH. TRY IT.
If not sold by your druggist, write Arthur Peter & Co., Louisville, Ky.